Macdonald Cartier Students.

The following comments were given by students from all grade levels.

"It was a great presentation and you taught me a lot of things. You were great".

"Richard, I would like you to know that you have helped me to think it over - about drugs and alcohol. I have had many points in my life where people have told me "Hey take some it's really cool" and I forced myself to say no. You have taught me to think before I answer. There is no use in wasting my life".

"Your presentation was extremely helpful. Thank you for opening my eyes and bringing me back to reality. Thank you for the courage you gave me to talk to someone who is influenced by drugs and alcohol".

"Your presentation was very informative and touching. It made me think lots when I go out and party. People like you do make a difference".

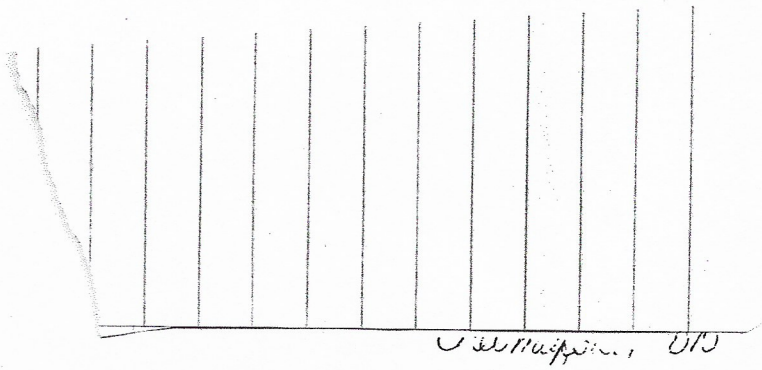
"You have made me realize a whole lot of stuff. When I walked out of your presentation I had goose bumps and felt different. Thanks".

"Your presentation has helped me realize that drinking is a diseases and that an alcoholic needs all the support he can get. When I got home from school, I spoke to my mom about your presentation and we realized that my stepdad still needs help. If it wasn't for you, my family would still be in the dark. Thank you from the bottom of my heart".

"Richard has the power to change minds, to open eyes, to captivate everyone's attention with his presentation of true facts and life experiences. You are able to make people think twice about drinking and about making the right decisions at the right time. You are an amazing speaker".

I really want to thank you for everything you've made me realize. And I think that you should do presentations like this more often. I know it was your first presentation. But if you made us realize what's wrong and when to stop before it's to late, I'm more than positive that you can convince alot of other people. well I thank you again and good Luck in your life hope everything turns out just Right for you, Cause for everything you've been through you disserve the Best...

Sincerly yours
Rymm



Dear Rick,

I'd like to thank you for taking the time to talk to us yesterday. When you mentionned that you began to get a bit violent when you drank one of my friends came to mind. He drinks everyday in the weekend, sometimes during the week days and gets high every here and there. When he drinks he gets violent. He wasn't like that before but in the past few months he's begun picking fights with everyone friend or foe. I finally got the nerve to talk to him about it last night. You know what he told me? He said that I was right and that he wants to do something about it, but that all his friends drink all the time and he'd feel bad if he didn't. I don't know if I helped or not but at least I know I tried. I don't know if I would have done it if you hadn't talked to us. You've become a brave man and I thank you for that.

Grateful for your words

[redacted]

Dear Richard,

My name is Lucie [redacted] and I go to Ecole secondaire catholique Champlain. You have resently came to my Law class to talk about past experiences.

I appreciate you coming to talk to my class. Everytime someone come's to talk to us about different experiences it does not always register in our mind, in other word it sometime's goes in one ear and out the other. But you were different. You were telling us your feelings, your thoughts. You were very honest with us.

The only thing I want to tell you is that you did make a difference. To me anyway!

Thank You very much

Lucie

LUCIE

Yo Rick,

How's it going? That was a great story you told. I always thought of going on crack and dope. Because I hate school. I'm not that popular. And I can't seem to get a chick. And people at school really bug me and I hate school. I've always been a pesimistic person. And most of the time I'm a depressing person to be around with. But my friends still manage to hang around me. But Hey man I'm in a boring club like you were. And this probably won't happen, but I plan to be the Heavyweight Champions of the world. Lots of times I think of suicide but I just can't go thru with it. But somehow you gave me the courage to go on.

Robin.

To Richard Dubé

I just wanted to say that your presentation was very interesting. I thing that what you said realy open our eyes. Your story realy touch me and d think that you have alot of courage to come in Front of the class For your Firs t thime. I just want to say that I dont do drugs and by what you said, I dont plane to.

Your Friend

Valerie

Dear Richard,

Well I hope that you read this letter cause I really want you to know that you did a very good job. you really though me something. I never knew how serious things could get. you've made a difference in my life and I'm not just saying that to make you feel better, you really did. you see I was the type who always drank, every weekend me and my friends always drink and Party on weekends, we don't do drugs But you've made me realize that it's stupid to drink everyweekend, just to have fun cause I guess that's when the trouble starts when you get to carried away.

Rich, 1993-02-26

Hi! I'm writing you this letter to say thanks. Thanks for coming to talk to us on February 25th, 93. I know it must of been extremly hard for you to come in front of 35 strangers and tell them your life story. I don't know if I would have the guts to do that, if I had that ~~test~~ happen to me. I really apreciated you coming over. Your story made me think so much. I was telling my boyfriend your story last night and boy was he intreested. I know that it would be hard for you to go tell your story to other people in other schools, but maybe you should think about it. After hearing your story I realized that school is important and partying should come second not first. I'm sure your story can help lots of people. From the way you were talking yesterday, to my opinion, you are not the same person as you use to be. I'm proud of you for changing your life around, instead of doing all the things you use to do. I hope you realize that if you hadn't changed you'd probably be in jail again for doing who knows what. I wish you luck in opening your youth program, I'm sure it will help alot of teens. Write back if you wish, my adress is in the back of this page.

Good luck
and thank you

Hi Rich,

I'm writting you this letter to thank you for talking to us. It's not like Kiddy school were the teacher told us to thank the persone for camming. She only gave us the idea and then told us if we wanted to write you a letter she would find a way to get them to you. Anyways, th things you told us in class on Thursday, t 25, really made me think good about thin I won't necessarily mention it in the letter but trust me, the things you said Really made me reconsider. The fact that you took some of your own time just to come and talk to us about your problemes in the past needed a lot of courage. I tho it was pretty cool the way you sometimes made jokes about things that happened to you for example when you said the prison in Sudbury was basic compared to Kingston and the time you said when the prisoners in Sudbury told you "your welcome back Rich. Boy I'll tell you, did you ever make the class laught. Well I better let you go since you probably have a million letters to read.

P.S. Take care and good luck with the carreer you were talking about.